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Men's soccer triumphs
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Wartburg College is currently not taking part in the national "It's On Us" campaign, but has its own sexual assault awareness program. — **Jeanne Edson**/*TRUMPET*

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Over 200 colleges and universities across the nation have signed a pledge to bring the "It's On Us" campaign to their campuses, but Wartburg is not one of them.

In mid-September, the White House administration launched a campaign for sexual assault awareness on college campus called "It's On Us."

Only four universities in Iowa have joined the "It's On Us" movement. The University of Iowa, Iowa State University, University of Northern Iowa and Drake University.

Stephanie Newsom, the director of counseling services and the adviser for Sexual Misconduct Assault Resource Team (SMART), said she was surprised by the low number of pledges in Iowa.

Newsom also said Wartburg is already equipped with a sexual assault awareness program.

"I know for us, we just haven't taken the time to look into what it would take to be seen as one of their partners. But also I know we are already sending those messages out around campus through SMART and lots of different type of programming," Newsom said.

Wartburg West dealt with an alleged sexual assault last year.

"It's On Us" campaign organizers said including private schools into the list of pledges is important.

"We are working with many smaller colleges. In fact, several have already created their own 'It's On Us' PSAs, which we are highlighting through our 'It's On Us' social media channels," campaign managers said in a statement to The Trumpet.

"The campaign will continue to work with and amplify current sexual assault awareness programs on campuses, and we're open to discussing opportunities with other organizations that want to be involved."

The campaign cites statistics which estimate one in five women and one in 16 men are sexually assaulted in college

"We are asking everyone to create an environment, be it a dorm room, a party, a club or a sports team, or the greater college campus, where sexual assault is unacceptable and survivors are supported," according to the "It's On Us" mission statement.

"Raising awareness. Holding ourselves and each other accountable. Looking out for someone who cannot consent."

Though she agreed Wartburg is already presenting students with the needed information for sexual assault awareness, SMART president Ariel Ford Loosier said she hopes to incorporate more of the material from the national campaign.

"I want to make campus feel like a place where they can have a support group and they feel like they can come here," Ford Loosier said.

"Sexual assault is a topic that doesn't get talked about a lot and a lot of people hide it because they don't feel like they're going to get support if they were to talk about it," she said.

The University of Northern Iowa (UNI) officially launched their pledge to the "It's On Us" campaign last week.

Mark Rowe-Barth, UNI associate director for student wellness, said the university hopes to use the campaign to take on a wide variety of sexual assault related problems.

"This is everyone's issue when you think about gender violence of any kind although this is focused on sexual assault, but if we're talking about relationship violence, stalking…it's everyone's issue," Barth said.

"We all have a role to play in addressing this issue."

Ford Loosier said she is anxious to see where the campaign leads and particular is pleased to see how the pledge targets bystanders.

"I feel like people know it's an issue, but don't want to talk about it and I feel like it needs to be addressed," she said.

For more information about the "It's On Us" campaign and how to individually take the pledge against becoming a sexual assault bystander, visit itsonus.org.

Anyone interested in joining SMART can contact Ford Loosier at ariel.fordloosier@wartburg.edu.

I PLEDGE

To **RECOGNIZE** that non-consensual sex is sexual assault.

To **IDENTIFY** situations in which sexual assault may occur.

To **INTERVENE** in situations where consent has not or cannot be given.

To **CREATE** an environment in which sexual assault is unacceptable and survivors are suported.

Students or colleges can take the above pledge for sexual assault awareness.— **"It's On Us" campaign**

The show must go on

Neumann crew prepares for CWW.

▸ **For full story see p. 2**

Students charged with theft

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Seven Wartburg students have been charged in the theft of chicken sandwiches that were stolen from Kwik Star west.

Taylor Hotek, Zach Smith, Kenny Anderson, Mason Simon Ressler, Shayne Olson, Nick Webber and Ryan Lutes have been charged with fifth degree theft.

Police said they are looking for three additional suspects in connection to the thefts on Oct. 12

According to Iowa code, fifth degree theft is theft of property that does not exceed $200.

The thefts happened on Oct. 15 and 12. However, the Waverly Police did not release their report until late last week.

All seven students declined comment. All are student athletes except Nick Webber.

"The issue was addressed and handled by each program at the time it occurred in mid October," Rick Willis, director of athletics, said.

Neumann Crew has begun set-up for Christmas with Wartburg early this year in the absence of Hans Pregler. Pregler oversaw the production and was ticket office manager. — **Matt Gruemmer**/*TRUMPET*

Neumman crew feels pressure

MATT GRUEMMER *STAFF WRITER*
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The Wartburg Information Technology Department (ITS) is confident this year's Christmas with Wartburg performances will be successful even without Hans Pregler, Director of ITS and Chief Information Officer Gary Wipperman, said.

Pregler, who took the technical director of Young Auditorium position at the University of Wisconsin-Whitewater, served as the production and ticket office manager at Wartburg and was one of the vital leaders of the annual Christmas program, Wipperman said.

"It's going to be difficult to replace him," Wipperman said. "I expect everybody is going to do their best, and we're going to have as good a show as we have had in previous years."

Since joining the Wartburg staff in 2005, Pregler had been a part of every Christmas with Wartburg while employed at the college. With that experience, Pregler said he has learned how the entire performance can run smoothly.

"I think you definitely have to go through Christmas with Wartburg several times to know all the little details. That being said, I think the show is in good hands," Pregler said.

Caitlin Hurban, hired at ITS at the beginning of the 2014 academic year as Pregler's assistant, has had seen an increase in hours and responsibilities and will serve as the interim production manager until an official replacement is made, Wipperman said.

"Luckily, Christmas with Wartburg isn't quite reinventing the wheel," Hurban said. "They have done it for a number of years so there are a lot of outlines in place."

The notes and photographs from past shows along with a lighting design he provided should better prepare staffers, Pregler said.

He also said the entire team responsible for the show held extra planning meetings this year in advance of his absence.

"The communication has been great," Hurban said.

"There are a lot of people involved who have been involved in this show for many years."

Chris Knudson, director of creative strategy, said he has always been very involved in the visual aspect of the show.

He has designed the murals and illuminations used in past performances and originally introduced the current ticketing system to Wartburg, but this year has had to step in and aid in the more technical aspects in the Ticket Office.

"It seemed to make sense that I could help pitch in since I was familiar with the system," Knudson said.

The department has also hired several alumni with experience preparing for the performances to aid in this year's set-up, Wipperman said.

He also said they have also started building the set in Neumann Auditorium to get ahead of schedule by several weeks, compared to the last few years.

Hurban said it helps in the preparation with a definite schedule to follow. Each day is laid out with specific goals to accomplish, she said.

"We're trying to treat Christmas with Wartburg as normal," Hurban said. "The show has to go on."

ITS is thankful for the experience gained from Pregler's 10 years at the college and is looking forward to the upcoming event in both Waverly and Des Moines, Wipperman said.

"It's going to be a challenge and it's going to take everyone's efforts."

— Gary Wipperman

Pregler, who has been connected to the show since his childhood, said it already feels odd not being able to help with setting up for the show.

"I want to wish all my best to the directors, the choirs, the band and most of all, the technical staff," Pregler said.

"You will make magic as you have for many years."

The four-concert series of Christmas with Wartburg is themed "The St. John's Bible" and spans from Dec. 5–7.

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CORRECTION:

The article, "Wartburg West full for winter and summer 2015," incorrectly stated that "Fall Term 2016 is still open." Applications for Fall Term, 2016 are not yet being received. Applications for Fall Term, 2015 and Winter Term, 2016 are now being received. The Trumpet regrets the error.

Peace and Justice group seeks revival

AUSTIN BOYKE *STAFF WRITER*
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Students for Peace and Justice is trying to get itself back up and running after being disbanded last year.

An organization dedicated to spurring awareness on campus to global issues involving peace and justice, Students for Peace and Justice's main purpose this year will be much of what the old group focused on with the addition of adding in the local element, Alec Matthew said.

Matthew, the organization's vice president, said the new group not only will be adding in the local aspect, but they will also have a new quality brought to it by the group's president, Hannah Creed.

"It will also focus on peace of mind and body issues too," Creed said. "We're going to have a yoga night, and meditation too."

While there are places here at Wartburg to help with mental stress and anxiety, this group will really help students with the "mental fitness" part of their life, Creed said.

Creed also said that with all the stresses that college brings to students, students just need time to relax and take care of their mind and bodies.

Former president of the organization and current member Michael Brown agreed with the new direction Creed is taking toward this group, saying that with students being inside the "bubble" that he called Wartburg, they can sometimes get caught up in everything around them and forget about themselves too.

"There's probably quotes out there that you have to find peace within yourself before you can even focus on helping others find peace," Brown said.

"We try to bring awareness to external issues, but Students for Peace and Justice is kind of a broad stroke."

In order for the group to become official, they still are in need of two things: an official Constitution and a new faculty adviser after the previous one for this group went to teach at Wartburg West.

"I think that adviser leaving was one of the reasons [they disbanded], and they were really far in debt too," Creed said.

Creed said they still have lots of unsold merchandise like leftover T-shirts and bracelets from the past Peace and Justice group.

Brown, the Treasurer of the organization in 2012, agreed saying not only was it was the "monetary hole" they got themselves into stretching as far back as the years 2000-2001, but mostly the lack of participation and numbers that led to the groups disbandment last year.

Currently, Students for Peace and Justice has 11 or 12 members, Creed said.

Viewing it as an extremely good number considering they've only had one meeting thus far, Creed said she already has more students emailing her about joining.

For those interested in joining, Creed said they can attend the organization's meetings, events, or email her or any of the executives of the group.

Students for Peace and Justice is an organization trying to resurface this year after their disbandment.— **Lauren Matysik**/*TRUMPET*

School acknowledges travel risks

PAUL BOSSUA *STAFF WRITER*
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Wartburg has been taking precautionary measures to ensure the safety of its students due to the current Ebola outbreak.

One of these precautions include an email sent to all students before the 2014 Fall Break telling students about certain cautionary procedures they needed to take before travelling to infected areas.

"The email was to let students know that we are keeping track of what the CDC's regulations and policies are for schools concerning Ebola," Katie Tanner, interim director of international programs, said.

"Everyone back home is extra cautious, people don't interact as much as they used to."

—Christian Campbell

So far no student has contacted Tanner about going to affected areas and there has been no need for concern, Tanner said.

She said the concern for students travelling to the affected regions isn't as high as it used to be.

"We don't have a lot of students that would like to travel to those areas since countries like Nigeria are off the list," Tanner said.

The Centers for Disease Control (CDC) is asking schools to be vigilant and to identify students, faculty and staff who traveled to affected areas over the summer.

Students, faculty and staff who were abroad over the summer were to report to the Noah Heath Center if they had any symptoms.

"There were no problems and all of our students were very cooperative," Tanner said.

Both international and local students had similar reactions to the email sent to Wartburg students before 2014 Fall Break.

"I think it's good that they are trying let people know what is going on right now, but how many international students actually leave for five days anyway," Terris Sallis, said.

"It is good that they are trying to keep track of people traveling to those areas but I felt they were overreacting," Christian Campbell said.

Campbell, from Sierra-Leone, said he is frightened for his family members who are back in his home country.

Chris Campbell, of Sierra Leone, is nervous about the Ebola virus affecting his family back in his home country. Campbell stays connected to them through Skype.—**Paul Bossua**/ *TRUMPET*

Campbell said he spoke to his family on Skype and they said the situation in Sierra Leone is bad but not as bad as the media makes it.

"Everyone back home is extra cautious, people don't interact as much as they used too," Campbell said.

Tanner has also been keeping track of students coming to Wartburg in January and there are no students coming from infected areas.

Alex Gheysens discusses the current semester with his adviser, Dr. Bill Withers during advising week.—**Maya Weatherall** *TRUMPET*

Students, faculty connect during advising week

MAYA WEATHERALL *STAFF WRITER*
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Advising week is a time when all first-year students were to meet with their advisers to talk about how the semester is going and for students to ask questions, Vicki Edelnant, director of Pathways, said.

"First years get to meet their adviser whom they met during SOAR, or during Orange Excelleration, or are just meeting for the first time," Edelnant said.

Edelnant added if students have specific questions, their adviser can connect them to proper resources.

Sydnie Huffman, a first-year, did not set up an adviser meeting.

"He sent out an email saying we only need to meet if you have concerns or questions. If he was informed of a failing grade, he would contact us," Huffman said.

Advising week also allows upperclassman the chance to talk with their advisers about long term planning, as well as if they wants to participate in Wartburg West or study abroad.

"I think sometimes students think that advising is just scheduling, just what do I have to take and when do I have to take it," Edelnant said.

"Anybody with a course catalog and anybody with a Wartburg plan checklist really do not need an adviser for this. What an adviser can do is help make the best choice," she said.

First inspection almost complete

BRADY VAN SICKLE *STAFF WRITER*
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This week and last week students living in Knights Village, the Manors and the Residence received and will be receiving their first bathroom inspection of the year.

Students living in these dorms were told at the beginning of the year they would be responsible for cleaning and maintaining their bathrooms, in an effort to push students to be more responsible.

Adam Kurt, a student living in the Manors, said it was the right move by Res Life to require students to clean their own bathrooms.

"I think placing more responsibility on a student for their living conditions is a good thing all around," Kurt said.

The inspections are used to make sure students are keeping their bathrooms clean.

These inspections were supposed to be monthly, however Cassie Hales, assistant director of residential life and residence hall director for Manors and Knights, said there hasn't been time to schedule the inspections until now.

"As often happens in Residential Life we get busy. This is obviously not a good excuse and moving forward we will be doing health and safety inspections every month," Hales said.

For the inspection process, Hales said Resident Assistants have notified residents 24 to 48 hours in advance of the inspections.

Residents were given an orange slip with the date of the inspection and told only one person needed to be present for the inspection.

At the beginning of the year, students expressed concerns about what constitutes clean and unclean.

Hales said RAs have been told if a bathroom or kitchen appears to have not been cleaned since the residents moved in, it should be considered below average.

The reason students are there during this process is so they can speak to the RA about their cleaning habits and their personal expectations of cleanliness, Hales said.

She noted residents may have a different opinion on what is clean, which is why RAs are checking to make sure rooms are livable.

"Obvious issues would be excessive mold or mildew build up in bathrooms or food build up in kitchens," Hales said.

"Things that can be considered a health risk for students would be addressed as poor cleanliness."

Since this is the first inspection, Hales said she hopes to get the RAs and residents acquainted with the process.

Hales added that Res Life is also hoping to develop a better understanding of "clean" for each resident and RA.

"We are also hoping to build the bridge of communication between resident and RA so they can talk to each other about maintenance concerns in their suites as well as expectations about cleanliness," Hales said.

Jordan Neumann, a student living in the Res, feels Res Life did a good job establishing communication and that the inspection process went smoothly.

"It was really painless, she came in and checked it over, and she was probably out in 15 minutes," Neumann said.

Students living in the Manors, the Residence and Knights Village have had or are their first round of bathroom checks. They will be given 24 to 48 hours notice beforehand. Jordan Neumann believed the inspection in her room went well.—**Brady Van Sickle** *TRUMPET*

Senioritis: legitimate excuse

AMARA THEIN *OP/ED EDITOR*
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Lately, my life has been defined by an outrageous set of questions: do you think anyone will notice I wore these yoga pants yesterday (and the day before that)? When can I fit in a second nap today? At this point, is 10 percent of a grade really a big deal?

I'm not proud, but as a senior, my lack of motivation, decreased apathy towards classes and chronic procrastination has hit me full force. I have faced the demands of college for three full years, and quite frankly, I am burnt out.

It's certainly convenient to throw the term "senioritis" around as a justification to slack off a little of the responsibility we've carried for an extended period of time—and enjoy what time we have left in college.

But senioritis goes deeper than being stressed and wanting to have fun. Honestly, students encounter those feelings on and off throughout their college years.

So why does the term "senioritis" have merit?

While senioritis isn't a medical condition, it is a relevant mentality that hits seniors for many reasons.

Seniors face unique features in their final semesters that make some more susceptible to feelings of stress, Dr. Cynthia Bane, professor of psychology, said.

"I think to slap the label of senioritis on it makes it seem inevitable and uncontrollable, and it also isn't that useful in terms of understanding the causes behind it because you can see those different things happen for different reasons for different people."

Bane feels that the main contributor to senioritis is the intense focus on the future, rather than the here-and-now, and that daunting question: "what are you going to do next year?"

Most cases of senioritis stem from the anxiety of facing the imminent change from college into the real world, Bane said.

This transition period causes a mix of feelings: excitement to start a new, more glamorous chapter; sadness at facing the end of college, fear of unanswerable, intense questions about the future; and pressure from the academic demands of senior year, she said.

It's overwhelming and she said some seniors disconnect as a way to manage some of that stress.

"You can't stop the future from happening and you can't escape the fact that your time at Wartburg is ending, so [seniors] disengage from their academic stuff just as a way to avoid other kinds of stress," Bane said.

Since Sept. 3, I've heard so many of my fellow seniors say in moments of frustration and exhaustion, "I simply don't care anymore."

"It's healthy to admit when your motivation is waning and it's good to be mindful of it. Then what you do with that it's the important thing," Bane said.

Though the inclination is to say, "I quit," do we really use senioritis as an excuse to stop working all together?

Though it's tempting, we can't completely check out. Or we could and regret it later.

Bane's advice to seniors: focus on the here-and-now, and do it anyway. Bane said it is possible (now and throughout life) to note feelings of low motivation and still get through the work that needs to be done. Inspiration doesn't have to hit to be productive, and sometimes just getting to work can increase motivation or feel rewarding to complete, Bane said.

"Pay attention to what's going on in your senior year and be present for it. You shouldn't just focus on what's happening next and then not be completely immersed in the here-and-now because this is a chapter of your life that's important," Bane said.

And hey, if this advice didn't hit home with you, there's only 194 days until graduation—or 33 days, if you're a bit luckier.

—Mauricio Gutierrez/*TRUMPET*

Choice Tweets

- I don't have a winter coat and it's supposed to snow Monday. #MidwestLife
- Getting some weird looks as I jam out in my car but I'm just gonna shake it off, shake it off.
- If you want to win a football game, I advise you to not play Wartburg.
- My favorite thing to do is learn about politics from people on Twitter who own more Uggs than brain cells. Wbu?
- Emotional breakdowns are getting to be my speciality...
- Just made a schedule of everything I need to accomplish today. Naturally, it includes an hour for taking a nap.
- I just don't understand why people think it's okay to use the bathroom without shoes on.
- Got my first official rejection letter for a job app! #herewego #MayTheOddsBeEverInYourFavor #college

Choice Tweets is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

Over-emphasis on dress codes

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When trying to find a skirt that hit below my knees, I tried on every black dress skirt in my size in four different stores. By the tenth skirt, I was feeling defeated.

Skirts that hit below the knee are kind of like Big Foot. They may exist but that doesn't mean they can be found.

Every skirt thus far did not fit professional dress guidelines set forth by professors.

While having a set of guidelines to follow can be useful, the heavy enforcement of them may not be the best idea because the chance of these guidelines changing when a student enters the workforce is high.

Each profession has its own set of guidelines. Each company has its own version of professional dress.

Derek Solheim, associate director of Pathways Center for Career Services, said students won't really know what their professional dress will be until they start working at a company or organization.

"Is the organization you are working in more Google like where you could wear blue jeans, a T-shirt and tennis shoes, or is it an organization that tends to be more business casual or professional," Solheim said.

Dr. Penni Pier, professor in the department of Journalism and Communication, gave students in last year's Journalism and Communication capstone a list of professional dress guidelines.

The guidelines for women include skirts that hit below the knee when standing, fitted blazers and closed-toed shoes with a heel no higher than three inches. For men, the guidelines include tailored suits, ties and closed toed leather shoes.

Compare this to the dress code for my internship through Wartburg West this past summer. The dress code at the Colorado Community Media was business casual, defined as "better than jeans and nice enough to look professional to interview a mayor."

No mention of skirt length, suits, blazers or even heel height. I got away with wearing jeans a couple times.

There were still guidelines to follow, but the guidelines were more business casual, which are guidelines that are not brought up in most of my classes.

For guys, there weren't as many guidelines to follow, but they have fewer options of what to wear for something to be counted as business professional by Capstone standards. Not every company is going to require suits. Many companies may lean more towards business casual, allowing for more outfit options.

Solheim think having these guidelines stressed now may not be a bad thing.

"Once you get into the work environment you can always adjust. I would rather have you err on the side of caution and look to see what others are wearing," Solheim said.

Guidelines are helpful, but professors should tell students that there is a good chance those guidelines will probably change when they enter the work force.

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Sir Victor shows school spirit

Mascot brings something new to Knights' community

ALYSSA KOZAK *STAFF WRITER*
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Eyes shine bright and smiles appear as Sir Victor makes an appearance at events. Little kids run up hoping for a hug as parents catch up with their camera in hand. Sir Victor, also know as the Knight, has shown up to spread the spirit.

"We have been talking about getting some more campus spirit," Renee Voves, director of Alumni and Parent Relations and Annual Giving, said.

"We worked really hard to develop a mascot that everyone has been looking for. We wanted to have a strong

–Marketing & Communication

influence but did not want him to be mean looking."

About a year ago, the alumni office teamed-up with the Marketing & Communication Department to create the face of Wartburg, Tony Smith, assistant director of alumni and parent relations, said.

Sir Victor made his debut at the 2013 Homecoming football game.

Sir Victor got his name fairly quickly, Voves said.

"Sir Victor came because of the word 'Victory,' so it made sense to call him 'Sir Victor,'" Voves said.

Smith said many students want to know who is the mascot, so it could be challenging for those who know his identity to keep it a secret, but for Voves, it is not a hard secret to keep.

"If you just go with Sir Victor as the Knight and not worrying about anything beyond that. Just focus on Sir Victor," Voves said.

"There are special things we have to do to keep his identity as Sir Victor. We keep it as casual as possible."

The alumni office has hired student squires, people acting as an attendant to a knight, for when he goes to different activities.

Sir Victor is not allowed to converse verbally with anyone except for his squire just to make sure his identity is a secret and to be like other mascots at different schools.

Abby Singleton has taken on the role of being a squire. She said she makes sure his uniform is put on correctly as well as gives him food and water.

At the time, Singleton's admissions counselor Smith, who is now in charge of Sir Victor for the alumni office, said it's a way to get more involved as a first-year.

Singleton said she normally would not go to a football game or different events, so being able to help Sir Victor while supporting the sports teams is a lot of fun.

"It is really cool to follow along and see how he interacts with people," Singleton said.

Singleton said Sir Victor greets children, students, adults and alumni with a big hug and wave when he sees them.

Singleton, Smith and Voves have hopes for the future of Sir Victor.

"I can see him growing as a character for Wartburg and acting the way most Wartburg students act," Singleton said.

"When people see him at a birthday party or at a wedding, they would think 'Wow the people at Wartburg are like Sir Victor, that would be a really good place to be' and I think he will be a good face for Wartburg."

Voves hopes Sir Victor will continue to be part of campus. She also hopes that he will continue to bring the school spirit.

"Any way you can promote Wartburg in a positive light like Sir Victor is doing is a good thing so I just hope we can continue to do that," Voves said.

Its been a great experience watching the reactions of alumni, students and children throughout the past year, Voves said.

Sir Victor is available for birthday parties, weddings, retirement parties, as a welcoming committee for the college or any event in the community.

Smith said it's great to see Sir Victor at these activities because he brings little gift bags for the honored individual or takes pictures with them.

To get Sir Victor at your event, contact Tony Smith at tony.smith@wartburg.edu.

You can also follow Sir Victor on Twitter @WCSirVictor for his upcoming appearances or pictures.

"People love Wartburg and they want to show that when they want to get a picture with Sir Victor or just high-five or hug him," Voves said.

"I think it is a positive thing and it will help continue to grow the program."

Knights dance to state contest

ALLIX WILLIAMSON *STAFF WRITER*
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The Wartburg Dance Team tends to take a back seat to the teams that they support, but on Dec. 5 it will be their turn to take center stage.

The Wartburg Knights Dance Team is preparing for their state contest at Wells Fargo Arena in Des Moines. The team is competing in both the jazz and pom divisions, Kendra Oswald, Wartburg Dance Team coach, said.

"Jazz is similar to what a ballet style would be, but it is more contemporary than ballet," Oswald said. "Pom is more of a showmanship kind of thing. It is definitely more visual than jazz."

In 2013, the Iowa College Dance Team organization changed the division from both NAIA schools to Division III schools, Oswald said. The Knights will compete against fellow Iowa Conference schools Buena Vista, Coe, Central and Simpson.

Oswald said the team is smaller this year, with the Knights taking 12 dancers for the pom routine and seven dancers for the jazz routine.

"We always talk about winning, but really, going and dancing on the state floor is probably the best and most rewarding part of the whole thing."

–Courtney Mehus

"The nice thing about going with a smaller team is that we can choose our strongest competitors: the ones that we feel are going to go out there and do their best and be able to compete against these other schools," Oswald said.

The Knights are led by captains Courtney Mehus and Morgan Ciota.

"It is my last year, so I am excited to go out there on the floor one last time and dance and have a great time with the team," Mehus said.

The team is looking forward to showing new things in their routines this year, Mehus said.

"We have a few new lifts that we are incorporating in our dance and it is coming along really well so far," Mehus said.

The captains assist the coach with planning what dances need to be practiced. They also help their fellow dancers further develop their techniques and skills, Ciota said.

"This year we decided to keep the dances a little bit simpler and focus more on execution and tightness and having an overall effect of looking like we are all moving as one unit," Ciota said.

Wartburg Dance Team captains Courtney Mehus (left) and Morgan Ciota prepare the squad for state competition. The team has only a few weeks left until they go to Des Moines. **–Allix Williamson/***TRUMPET*

The team has utilized different choreographers for their routines this year, which Mehus believes will benefit the team. The Knights placed second in the pom division last year.

"We always talk about winning, but really, going and dancing on the state floor is probably the best and most rewarding part of the whole thing. It doesn't matter what place we come out as, as long as we had a good time with everybody," Mehus said.

Alumna serves community as Miss Black Colorado U.S. Ambassador

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JuTone Owens

One Wartburg alumna is out to conquer negative stereotypes while simultaneously giving as much as she possibly can back to her community.

JuTone Owens graduated in May 2014 and wasted no time in striving to achieve her goals.

Owens is enrolled in graduate school at the University of Denver, works for child protection services and was named Miss Black Colorado U.S. Ambassador.

The competition isn't an ordinary beauty pageant. While it's still a pageant, it puts a focus on outstanding service and being an ambassador and role model for not only the African American community but women everywhere, Owens said.

As Miss Black Colorado U.S. Ambassador, Owens has an obligation to be culturally responsive to the African American community of Colorado, she said.

Owens said she hasn't always been so community oriented.

"In high school, I was a bit of a troublemaker and wasn't engaged at all, then a group of African American women started a program called Girls in Action," Owens said. "Since then I've been able to build and grow."

Owens continued her newfound love for service when she attended Wartburg.

Owens said her passion was a perfect fit for Wartburg's emphasis on giving back to the community.

"Wartburg helped me see that everything we go through is temporary and everybody needs somebody to help them realize where they want to go," Owens said.

Owens was involved in the Black Student Union, choir and cheerleading. She said these groups helped her form her opinions and views of the world.

"I saw that the world is not an evil or bad place," Owens said. "There are people here to help and knowing that as I've gone through school has stuck with me and let me know I can't be selfish."

Jenna Vogen, Owens' coworker at Bremwood, spoke highly of Owens.

"Where most would sit back and let the world win, she fights back," Vogen said.

Vogen has no doubt that Owens is deserving of her title as Miss Black Colorado U.S. Ambassador, and thinks she is the exact type of person to be in such an ambassador position.

"She's got such a big heart. I don't think she'd be just a great ambassador to the African American Community but to all people in general," Vogen said.

For more on this story, visit the wartburgcircuit.org.

Leadership through companionship

Students work on leadership skills while working with service dogs and children

AMANDA GROFF *ASST. NEWS EDITOR*
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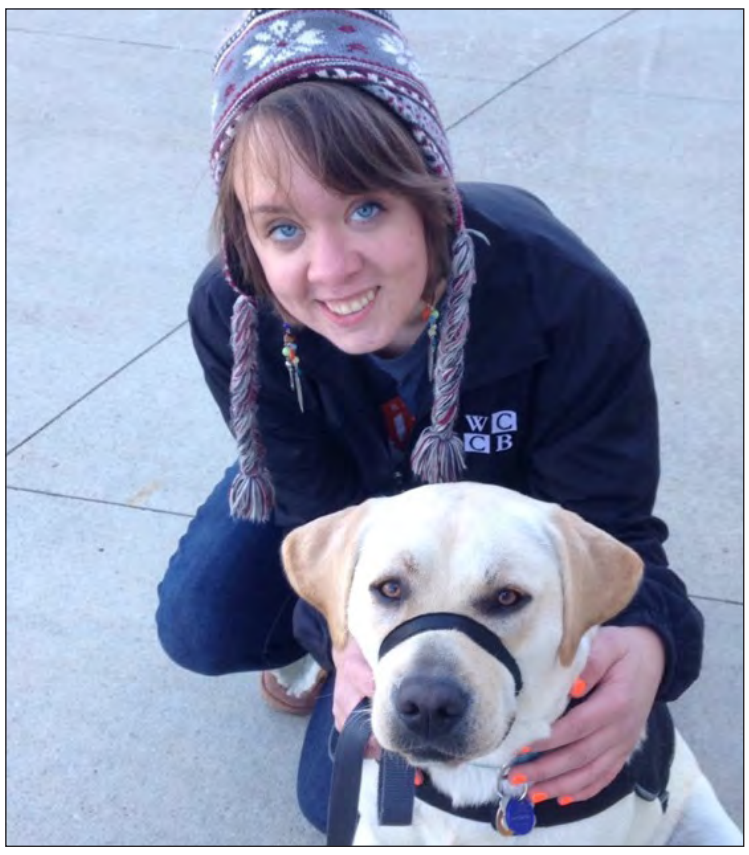
Two dog handlers learned puppies don't always want to cooperate after an incident when taking pictures for a Retrieving Freedom calendar. During the photo shoot, 10-month-old Remmy decided it was a better idea to run to the back of a jewelry store than be the cameras' focus.

Retrieving Freedom and Community Builders are service learning opportunities for students that allow them to discover different leadership skills they have, Dr. Bill Soesbe, assistant professor of education, said.

The two programs are connected to Wartburg through ID 315, Leadership Theories and Practices.

Retrieving Freedom is a program in which students train service dogs in activities and measure their reactions to certain situations.



Angela Zook has been working with Retrieving Freedom this semester to train a service dog being used for future breeding in the program. This is Zook's first time working with dogs. —**Amanda Groff***/TRUMPET*

In Community Builders, sixth grade students and adults from the community come together to talk about what it means to build a sense of community.

"It is an opportunity to hone and refine leadership skills. We really allow the students to personalize the program to them and what they want to get out of it, Soesbe said.

"There are an awful lot of opportunities for students to gain, but there are also a lot of opportunities for students to give."

Ali Brown had the opportunity to learn and talk with the students in Community Builders about Water to Thrive and other organizations that help people in need around the world. The program helped her learn leadership skills, Brown said.

"I learned to really get to know the people around me and the ways that they lead others best and the best ways to lead them," Brown said.

"I also learned that it's not always about me when leading; it is really about building up the people around you and to help them believe in themselves and their leadership skills."

Mandie Sanderman, school partnerships coordinator, said students who participate in the experiential learning, put learning practice into action. This component of ID 315 gains insight into what leadership styles work best for themselves, as well as how to lead others, regardless of their age group.

"Collaborative working skills are vital in today's workforce and these programs instill the skills necessary, not only to work together, but to lead work in a positive direction," Sanderman said.

> *"I learned to really get to know the people around me and the ways they lead others best and the best ways to lead them."*
>
> ***— Ali Brown***

Angela Zook has been working with the other program associated with the class, Retrieving Freedom. It marks the first time Zook has worked with dogs.

"As leaders, we need to be flexible with our style of leadership. I am not the most patient person, so it has been very good for me to be gaining skills with patience," Zook said.

Sanderman added there is a strong connection between leading and training a dog and leading people.

"Working with the dogs teaches the handler about positive/negative reinforcement, dealing with frustration, the importance of consistency and clear verbal and non-verbal communication," Sanderman said.

Helping students broaden their views on leadership builds confidence. That new knowledge is transferable to other situations, Soesbe said.

"It was so great to learn about the different ways of leadership and which of those that I use when I'm leading," Brown said. "It gave me more confidence in my leadership skills, and now I know that what I am doing is really going to make a difference to those I'm leading."

Matthew Hageman (center) works with a local sixth grade class by discussing what it means to build a sense of community. Community Builders works with the students for their class. —**Submitted photo**

Martial arts kicks onto campus

CHAD GIEBELSTEIN *STAFF WRITER*
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A new program on campus is not just for athletes, but is also great for self-defense and fitness, Jerod Botts Mixed Martial Arts instructor, said.

Mixed Martial Arts (MMA) is a program with an objective to teach different techniques of the sport.

"The program has been in and out of 'The W' for a period of time, as there is a group of us who are actual fighters that are strong about the program," Botts said.

The MMA program started two months ago and Botts hopes to make it a year round program offered, Botts said.

> *"It takes all ages, shapes and sizes, as I started this eight years ago and I had no experience as I never wrestled a day in my life."*
>
> ***— Jerod Botts***

Participants will do workouts that include takedown techniques, sprawling, offensive and defensive strategies.

The striking portion of the class will include footwork drills, shadowboxing and the use of pads and mitts to work on strike combinations.

"There's nothing like getting the fitness you need, but wrestling with a guy for five minutes, that is a work out in itself," Botts said.

MMA is open to Wartburg students and also members of the community.

Members who do not have any knowledge of what MMA entails are highly encouraged to come and try the program out, Botts said.

> *"I used to wrestle in high school and knew I wasn't good enough to be on Wartburg's wrestling team because they're really good, so this is the closest thing I could do to continue wrestling."*
>
> ***— Stephen Marak***

"It takes all ages, shapes and sizes, as I started this eight years ago and I had no experience as I never wrestled a day in my life," Botts said.

"Now I am making a career out of it as I am now a fighter," Botts said.

Stephen Marak, student and MMA participant, joined the group due to his interests in wrestling, which is similar to martial arts.

"I used to wrestle in high school and knew I wasn't good enough to be on Wartburg's wrestling team because they're really good, so this is the closest thing I could do to continue wrestling," Marak said.

Even with a wrestling background, Marak said has still been able to learn a lot more with being involved in MMA.

"In wrestling a lot of things are prohibited, like locking your hands, but being able to lock your hands in MMA, there is a whole new list of things to do," Marak said.

Not only can this be a test about fitness and learning new things, it can also be a huge stress reliever, Botts said.

Members are able to go out and participate in competition tournaments with jiu-jitsu and kick boxing, giving them an opportunity to take their learned skills outside of campus, Botts said.

Those interested in the program can register at "The W" front desk. Botts is willing to answer any questions by contacting him at jerodb68@gmail.com

Members pay a fee once a month that is $40 for community members and $20 for Wartburg students.

The class runs every Tuesday and Friday from 7:15 p.m. – 9:00 p.m. in the wrestling room located in "The W."

Mixed Martial Arts is a new program on campus provided in "The W." Stephen Marak (top) learns new escape moves as instructor Jerod Botts (bottom) performs one on him. —**Chad Giebelstein***/TRUMPET*

MMA Activites:

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- Wrestling
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Volleyball falls to BV in semifinals

NATHAN FORD *SPORTS EDITOR*
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Bailey Wilson attacks during Wartburg's loss to BV Wednesday night. Wilson had 14 kills and five blocks in her last game as a Knight. Also pictured (right) Jamie Farley who had 30 digs. — **Alyssa Noble**/*TRUMPET*

Wartburg's 2014 volleyball season was defined by inconsistency. So was the final chapter Thursday night.

Third-seeded Buena Vista (25-10) rallied from a first-set loss to eliminate No. 2 seed Wartburg (24-11) in the Iowa Conference semifinals 20-25, 25-16, 25-21, 25-22.

The Beavers lost to regular season champion Coe (25-20, 25-17, 25-16) in the final Saturday night. This was BV's first championship appearance since 2003, and Coe's first ever Iowa conference tournament championship title.

Wartburg meanwhile, won't have a shot to defend its two consecutive tournament championships that gave it automatic NCAA tournament bids.

"It's just really indicative of how our season's gone. We've been really inconsistent," Walker said. "Set one, it looked awesome. It looked like we were on the right track for the night. We just couldn't seem to get things together in the second."

The Knights led throughout the opening set and hit .263, but then .087 and .043 in the next two.

Maddie Bardole led the Beavers with 17 kills, followed by Jade Schaap's 16 and Emily Matthews' 14. Jordan Henningsen had 31 digs, Bardole 26.

Bailey Wilson, recently named IIAC MVP, notched 14 kills in her final match as a Knight. Maria Brown totaled 20 assists and three service aces. Jamie Farley finished with 30 digs.

Wartburg beat Buena Vista in five sets last week to clinch the No. 2 seed and a first round bye in the conference tournament.

The Beavers came back to Waverly seeking revenge, and never looked back in set two after forcing an early Wartburg timeout with a 4-1 lead.

"We played less aggressively. I think our serve was less aggressive," Walker said. "We did a great job serving in the first set, didn't miss a serve. We were taking them out of their offense, which I think a lot of times people don't realize how critical that serve is."

Wartburg got within one twice in set three (12-11, 13-12) after BV slowly pulled away from a 4-4 tie, but the Beavers scored the next four points on a Celie Kohls block and ace and two Schaap kills.

Wilson gave the Knights a chance in the fourth set, scoring four points during a stretch that put Wartburg up 17-15. Then, three straight attacking errors gave BV the lead back and zapped any momentum the Knights accumulated.

The match ended when Wartburg didn't communicate on Emma Harmeyer's set and the ball fell helplessly to the court without them realizing it until it was too late.

Wilson, the IIAC leader in kills per set, had five kills in the opening set, then just five in the next 2 1/2 combined.

"When we've got the pass on, we're going to go to Bailey because she was terminating beautifully for us," Walker said. "In the second and third sets particularly, she really didn't get the ball much. She's part of the reason why we can string a lot of runs together. It just didn't fall our way tonight. We wish we could have gotten the ball to her because she was ready to play. She was playing like a senior on her last night."

Wilson had five blocks and the Knights finished with 10 as a team, but it still wasn't enough to slow down BV's powerful outside attack led by Schaap, who had four kills in each set.

"We have gigantic blockers in front of her and she'll swing it off the block and get the kill," Walker said. "I told someone on the bench that we should be statting how many times it's going off her block tonight. That was a week ago and she continued to do it tonight."

Wartburg finishes an up-and-down campaign 24-11, a season that saw it beat then-No. 2 Wis.-Stevens Point, but also drop three Iowa Conference matches after finishing the last two seasons unscathed.

"We just couldn't seem to get things together in the second (set)," Walker said. "That mentality just kind of hung on."

Women's soccer out of IIAC tournament

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The fourth-seeded Knights' season ended with a 2-1 loss to Dubuque (16-4-0). UD advanced to the IIAC tournament championship game for the third year in a row.

Wartburg (10-6-4) controlled play during the second half of its Iowa Conference women's soccer semifinal at top-seeded Dubuque on Wednesday night. It got an equalizer in the 68th minute.

The same players that were smiling and hugging had shocked faces two minutes later as the Spartans took the lead back.

"We came to battle in the second half and did some things that were really good, so it is disappointing," head coach Tiffany Pins said.

Dubuque's winning goal came from a corner kick that was knocked down in front of the goal, initially stopped by goalkeeper Beth Crow, then poked in by Katie Lynn in the 70th minute.

It came at a time when Wartburg was seeing more of the ball and producing more chances.

"They really had about one chance in the second half and they capitalized on it," Pins said.

In the 68th minute, Wartburg defender Rachel Wauer collected the ball on the right side of the field and delivered it into the box, where it carried to UD goalkeeper Tiffany Duncan, who swatted it into the net attempting to catch it.

The Knights out-shot the Spartans 15-11, including an 11-5 second-half advantage. Seven of those second-half shots, though most were long-range attempts, were on goal after just two in the opening 45 minutes.

"We came out great in the second half," Pins said. "I wish that team would have showed up in the first half."

Lynn gave her team the lead in the 40th minute, when the ball ricocheted to her in the middle of the field. She turned, and lobbed the ball over Crow from 25 yards out.

Crow had four saves, including a leaping stop that kept the match scoreless in the 23rd minute.

It's the second win for UD, which won its first ever regular season conference championship in a tightly contested race, over Wartburg this season. The first was in overtime.

"We are right there. I think we are there. We got glimpses of it this season," Pins said. "This group worked day in and day out to try to get there and that's all I could ask for."

The Spartans beat Central, 0-0 in double-overtime after earning 6-5 penalty kicks out of a total 18 penalty kicks in the shootout. UD earned the league's automatic NCAA tournament bid Saturday.

Football pulls away in second half

◂ continued from p. 1

QB Logan Schrader tied the school record of five touchdowns for the second time this season during the Knight's win over Simpson Saturday. Schrader threw 24 of 35 for 376 yards. — **Nathan Ford**/*TRUMPET*

Wartburg jumped on the board early with a seven-play, 78-yard drive capped by Schrader's 32-yard toss to Taylor Jacobsmeier less than three minutes into the game.

An unsportsmanlike conduct penalty after that play and kickoff out of bounds gave the Storm great field position at Wartburg's 45. They capitalized with Jordan Beem's 15-yard run.

The Knights were forced to punt on three consecutive drives, but took the lead for good on Schrader's 39-yard pass to Mitch Rahm with 8:20 left in the first half.

Simpson looked to tie the game when they got to the Wartburg 14, but a 15-yard clipping penalty eventually wound up in a 4th-and-22. Gunner Tranel, who led the team with 11 tackles, sacked Dylan Berkey to give the ball back to the offense.

Schrader then completed four straight passes before running the ball in from 10 yards out to give the Knights a two-score advantage before halftime.

"We're just confident in ourselves," Schrader said of an offense that is constantly motivating each other on the sidelines with talk of how many points they can score in the time remaining. "We know if we go out and execute that it's going to be tough to stop us."

Tight ends Rahm and Jake Holsteen were wide open all day, catching a combined six passes for 142 yards and two scores.

Holsteen put the finishing touches on the win with a 19-yard catch that he tipped to himself in the endzone on the first drive of the fourth quarter.

Was the made-for-TV catch intentional? "It wasn't on purpose," Holsteen said with a begrudging laugh. "I kind of got lucky, I guess."

The rest of those catches were the furthest thing from luck.

"Schematically we just kind of screwed over their defense," Schrader said. "They had one guy to cover both of them, so someone was going to be wide open."

Jacobsmeier was open quite often on the sideline, too, leading the passing attack with six catches for 89 yards and a touchdown.

Robbie Anstoetter added an acrobatic four-yard TD catch in the corner of the endzone, while Donald Miller danced his way across the field for a 27-yard touchdown on the next drive, the last of the third quarter.

Wartburg is the first team to repeat as IIAC champions since Central in 2007.

"It feels good to do that," Willis said. "Now we've got to try to go and make sure we can win the thing outright and finish an undefeated season, which is pretty special as well."

The Knights battle Loras Saturday to finish off the regular season.

TICKETS PUNCHED

Wartburg men's soccer, football clinch NCAA tourney bids

From left: Wartburg soccer players Zach Smith, Jay Tegge, Dan Nadeau, Zubeen Azari and Tyler Salzwedel sprint to celebrate with teammates after winning the IIAC tournament. — **Alyssa Noble**/*TRUMPET*

Men's soccer prevails in thrilling PK shootout

ALYSSA NOBLE *ASST. SPORTS EDITOR*
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The Wartburg men's soccer team took the Iowa Conference tournament title from Loras Saturday night in Dubuque in a penalty kick shootout.

This was a revenge match for Wartburg after Loras was responsible for Wartburg's only conference loss of the season just two weeks ago, and its overtime last year in the championship game.

"We talked about it before the game what happened and we told each other that we're not going out sad again," senior midfielder Brady Anderson said. "We told each other that we can do it together, and we did."

Tyler Salzwedel was the first to strike, landing his second goal of the season. He gave Wartburg the 1-0 lead and the momentum going into the second half with a goal just eight seconds before halftime.

The beginning of the second half was quiet. The last 20 minutes of the half was anything but.

With 20:29 left in the game Loras was awarded a penalty kick, but Mike Pizzello's shot went high and Wartburg continued to possess the lead.

Pizzello's shot was one of 17 wayward shots from Loras. Loras only had seven shots on goal through double overtime. Wartburg totaled 16 shots, nine of which were on goal

Pizzello redeemed himself eight minutes later with a goal to tie the game.

Two minutes after that, Zubeen Azari put a header past the goalie after an assist from Jay Tegge to reclaim the lead 2-1.

With five minutes on the clock, all Wartburg had to do was keep Loras from scoring.

That wasn't the case though as Calvin Miller put a header into the back of the net to tie the game at two.

Both teams had a good chance to score again as Anderson attempted to put a header past Loras' goalie, but the shot was blocked.

Loras took the ball down the field and took a shot with only 25 seconds left in regulation. Wartburg goalie Austin Boyke saved the shot and the game went into OT.

Loras took five shots in OT, but landed none of them after Boyke blocked three of them and the other two weren't on goal.

The game moved to double-overtime. Again, there were no goals, and the game went to a shootout. The team with the most goals after five attempts would win.

Coming into Saturday, Wartburg was 0-2 on penalty kicks, but was perfect Saturday.

The first three kickers for Wartburg, Tegge, Dan Nadeau and Peter Tran, all put it in the back of the net. The same went for Loras's first three kickers.

The game changed when Boyke saved Loras' fourth kick from Jonah Jacke.

Kevin Krueger stepped up next for the Knights and landed his kick, giving Wartburg the 4-3 advantage. Miller converted for the Duhawks to tie the score.

Anderson was next. A goal would give Wartburg the game, the tournament title and an automatic bid to the NCAA national tournament. If he missed, the game would go into a sudden death shootout.

"I knew I was going to make it," Anderson said. "My teammates told me I was going to make it. I 100 percent knew I was going to make it."

Anderson nailed the shot and Wartburg won its sixth conference tournament and its first since 2009.

"It was the best feeling I've ever felt in my entire life," Anderson said. "There's nothing that is comparable to making your teammates happy."

The win was a long time coming for the Wartburg seniors.

"We've been wanting to do this for four years and we finally made it happen," Salzwedel said.

The players aren't the only ones who desperately wanted this win.

"I told them before the game that this was the game I was most excited for in my whole career, playing or coaching, and it's because these guys are pretty special guys, and we can accomplish big things, and they proved that tonight," Artist said.

Winning the championship game was even more special because it came against Loras.

"It's one thing to beat Loras, but to beat Loras on their home field; it's unreal," Boyke said.

Salzwedel said Wartburg is ready for the NCAA tournament.

"There's a lot of belief on this team and it can take us a long way," Salzwedel said.

Go to wartburgcircuit.org for NCAA tournament pairings.

Donald Miller's juke move forced defenders Zach Rathman (30) and Cole Cook to run into each other. — **Nathan Ford**/*TRUMPET*

Another convincing football win

NATHAN FORD *SPORTS EDITOR*
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College football pundits across the nation love to talk about trap games — the idea that an upset could happen because the favorite is looking ahead to a big game or is vulnerable after a big win.

Would No. 5 Wartburg's game Saturday at last-place Simpson, where a win in front of a small crowd of 1,524 would give it an automatic playoff bid, qualify?

Maybe not, but it had that sort of feeling as the Storm smothered the Knights' offense in a first quarter that ended 7-7.

"I was a little concerned about that [players staying focused] this week," Wartburg head coach Rick Willis said. "All the talk is starting to happen and so forth."

The outcome was never really in doubt after the opening quarter, though, as Wartburg (9-0, 6-0) rolled to a 41-10 victory to lock up the Iowa Conference's automatic playoff bid and at least a share of the league title.

The Knights, who outgained the Storm (3-6, 0-6) 543-246, can clinch the IIAC title outright with a win next week vs. Loras (3-6, 2-4).

"In a lot of ways, looking back on it, it was good for us to feel that way a little bit," Willis said. "It's probably the first time we've kind of had that feeling for quite a while. It's good for us to experience that and learn how to respond to those things."

Quarterback Logan Schrader tied a school record for the second time this season with five touchdowns. He completed 24-of-35 attempts for 376 yards and no picks.

Simpson carried the IIAC's top ranked rush defense into the game, and the Knights had 167 yards on the ground. But the passing game was wide open against a unit ranked dead last in the conference.

"They were a little tough to figure out running the ball," Schrader said. "They did some stuff to kind of shut down our run schemes, but we were able to throw the ball effectively and then we just got it going."

▸ **Football pulls away p. 7**

Tight end Mitch Rahm races past the Simpson defense for a first-half touchdown Saturday in Indianola. — **Nathan Ford**/*TRUMPET*